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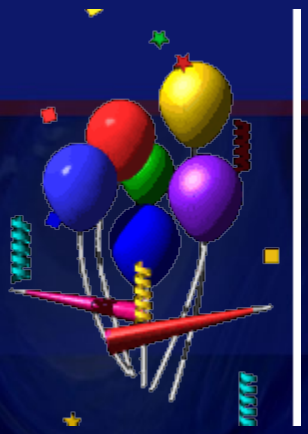
MAINTAINING OUR MENTAL HEALTH DURING THE CORONA VIRUS (COVID-19) PANDEMIC



Here, our body is made up of millions of cells that work together. The human body and the mind are inseparable. These are always running in conjunction with one another. But each has a different base and need. This is known by the comments of Sigmund Freud, Carl Jung, Eric Bern, and Abraham Maslow.

Maintaining our mental health during the corona virus (COVID-19) pandemic

The medical field claims that 75% of body diseases are caused by stress. Fear, nervousness, irritability, and now bore up are all signs of depression. So when the body and the mind come together, it will bring mental strength and happiness. Following this I will put some functions into your view.

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1. Communicate warmly with friends over the phone and directly conduct with home mates. When you do so, speak directly to the speaker about their true qualities, abilities, presence and achievements. Do not forget that each one has a child into their inner depth of mind.

2. Feed the poor. Nurture and protect to the domestic animals. In the morning, feed such as crows, sparrows and street dogs. Speak to them as if they were human.

3. When you are stay in home you find the answer to the puzzles, and also you do play with crossword games and small wooden blocks. Find answers to the riddles. Even if you are an adult, you can read comic books that kids love to read. I say again, to know that each one has a child into their inner depth of mind

4. Draw a picture or painting or draw cartoons, Make a doll with clay or using with china clay

Maintaining our mental health during the corona virus (COVID-19) pandemic

5. Type it “do it yourself” on Google or YouTube and choose your favorite of these and do it yourself.

6. Read poetry, epic poem, articles or try to create them.

7. Reflect on the much talked about Siddha, Ayurveda and Unani system of medicine now. These medical systems are already here. Was there any university text mentioning the science and scientist of local science? All Western thinking reigns here. Young people need to know more about data science and world politics and ethical hackers. Think about new creative works in this

8. Keep in mind that just as much as thinking is vital to human development, so too is the action and movement of the human body. Stay up to the sun's rays on your body every morning and evening. Do some simple yoga exercises after breathing exercise. Open the window and play with dance, singing, round and jump into the house and play with a ball, kick or knock, or play a skipping rope. Play games like carom and chess.

9. Knowledge of the five senses is essential to psychology. Touch and warmth are essential to the human mind and all life. The sensory nerves at the tip of the fingers are very powerful. Siddha doctors know about the disease by touching with wrist of a patient. Do this in a different way during in this time of corona virus infection. You are always touching the tender shoots ends of the

10. Acknowledge your desires and needs and the desires and needs of others. Stay away from those who divide people. Will be fine.

One who knows to do what is befitting to the world is the one who truly lives; others are deemed as dead. - Thirukkural